REGINA metro®

NEWS WORTH SHARING.

Legislation aims to clear grain backlog

Ottawa. Feds estimate farmers have suffered up to $8.3B in lost sales

The federal government has tabled legislation aimed at increasing the movement of grain that has been left sitting in bins across the Prairies because of a railway transportation bottleneck.

The legislation introduced on Wednesday would amend the Canada Grain Act and the Canada Transportation Act. Among other changes, the amendments would allow the Canadian Grain Commission to regulate how much a grain company will pay to a farmer if the company doesn't meet delivery dates in a contract.

It also aims to extend what are called inter-switching limits from 30 kilometres to 160 kilometres in Alberta, Manitoba and Saskatchewan. Most grain elevators on the Prairies are served by only one railway and the federal government says expanding inter-switching would allow more service by more rail companies.

"This reflects the new reality of far-apart elevators ... and the changes in the rail system," federal Agriculture Minister Gerry Ritz said in a conference call.

"This inter-switching is the best way to give us a quasi-competitive situation."

Canadian National and Canadian Pacific have blamed the backlog mainly on the size of the harvest and cold weather.

Canadian National president and CEO Claude Mongeau said the legislation is heavy-handed.

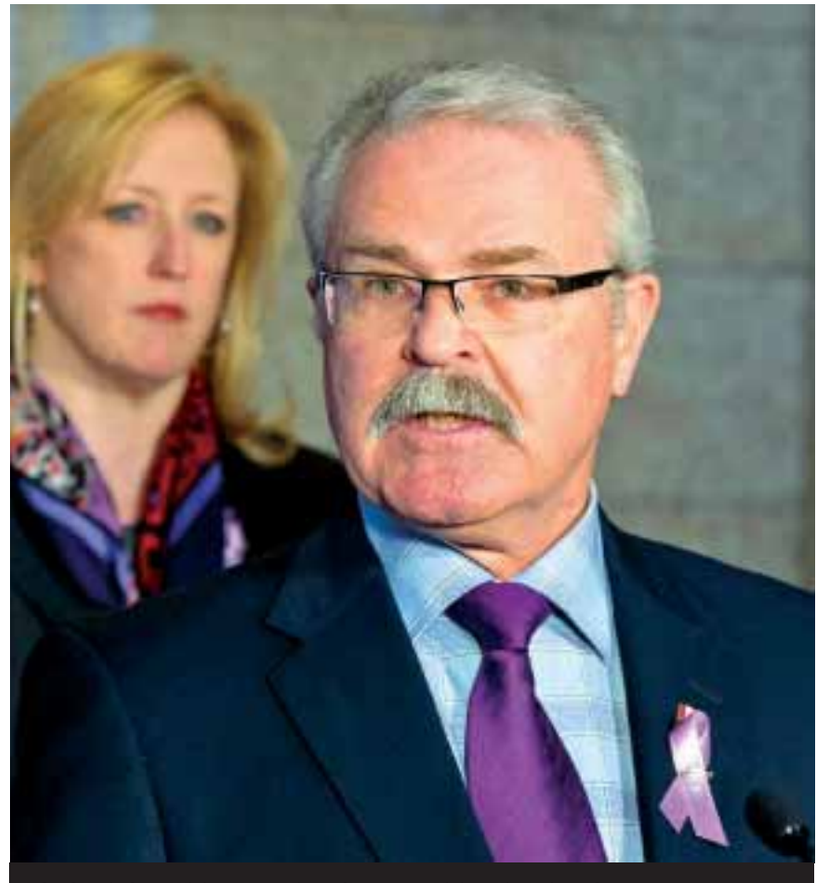
Ottawa had ordered rail companies earlier this month to double the amount of grain they move each week, up to a minimum of one million tonnes in 11,000 cars. If they don't meet that requirement, they could face fines of up to $100,000 a day.

Saskatchewan is disappointed that the new legislation does not increase the $100,000 penalty, direct fines to benefit farmers instead of federal coffers, or boost volume.

"We believe that 13,000 cars a week of grain could be unloaded ... without handicapping other commodities that need to flow from Western Canada and we thought that $250,000-a-day penalties were not out of line for non-compliance," said Saskatchewan Agriculture Minister Lyle Stewart.

Western Canadian farmers harvested a record crop of 76 million tonnes last year.

THE CANADIAN PRESS



Federal Agriculture Minister Gerry Ritz and Transport Minister Lisa Raitt make an announcement on legislation to speed up grain transport in Ottawa Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Railway crossings

Report on fatal train-van crash calls for better warning system

A report into a deadly crash between a train and a camper van warns the risk of such accidents remains until better warning systems are required at railway crossings without bells, lights and gates.

The Transportation Safety Board report is based on an investigation into a collision that killed four people in Broadview, Sask., in broad daylight in August 2012.

"Considering the serious consequences that can result from a crossing accident and the technological advancements that have been made, the board is concerned that, in the absence of timely implementation of low-cost alert systems, the risk of accidents at passive crossings will continue," reads the report released Wednesday.

The report says the van was driven by a tired 15-year-old novice driver on a road where trees and brush made it difficult to see the tracks.

The Canadian Pacific Railway freight train travelling at 85 km/h sounded its horn and had its lights on, but struck the van broadside at a railway crossing that only had standard reflector warning signs.

Passive rail crossings are common in rural Canada. The report notes there have been 658 accidents over the last 10 years at passive crossings, which resulted in 59 deaths and 107 serious injuries. THE CANADIAN PRESS

A report calls for advance warning systems at rail crossings, as seen above. MORGAN MODJESKI/METRO IN SASKATOON

Board closing the book on Connaught Community School

Out with the old. Heritage building to shut down to make way for new school

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

After more than 100 years in the Cathedral area, Regina's historic Connaught Community School will close its doors permanently at the end of June.

The Regina School Board (RSB) has voted to move ahead with a plan to close the heritage building and replace it with a new facility, which is expected to be completed in approximately three years.

"We need to make sure our staff and our students would be able to continue their education in a safe environment," board chair woman Katherine Gagne told reporters on Wednesday.

The stately edifice at the intersection of 13th Avenue and Elphinstone Street remains at the centre of a heated dispute between board officials and heritage activists, who have pushed for the elementary school to be maintained. Advocates for saving the school want the board to order renovations to get the structure up to code.

Board officials, meanwhile, point to an engineer's report that cites significant structural weaknesses with it.

Gagne said the board — whose members voted on Tuesday night — has found that financing renovations "wouldn't be fiscally responsible."

In a letter on Wednesday, director of education Julie MacRae said the RSB has been advised that its insurance company is "not prepared" to continue to cover Connaught beyond the end of the school year.

All Connaught students will be relocated to nearby Wascana Community School while the new facility is constructed. However, the entire student body of Wascana is slated to move into the new Seven Stones Community School for the 2014-15 year.

There is no timeline for the new school's design.

In its 2014-15 budget tabled last week, the Saskatchewan government allocated $4.1 million for the planning of four schools, including Connaught's replacement.

Katherine Gagne, chairwoman of the Regina School Board, says the division will move ahead with a plan to build a replacement for the aging Connaught Community School, inset. MARCO VIGLIOTTI/METRO; INSET: SARAH TAGUIAM/METRO FILE

Sask. ahead on anti-bullying policy: Expert

Wendy Craig SARAH TAGUIAM/METRO

Saskatchewan is ahead of the curve in policies dealing with bullying, an Ontario expert says.

Wendy Craig, one of Canada's leading authorities on bullying, is the co-founder of Prevnet.ca, a network of leading Canadian research scientists and 55 national youth-serving organizations that create initiatives aiming to end bullying.

Craig was in Regina on Wednesday as a lead-up to the Red Cross Day of Pink on April 9, an event opposed to bullying. She spoke at the University of Regina to parents and educators about the seriousness of the issue.

Craig praised the Saskatchewan government for releasing its Action Plan to Address Bullying and Cyberbullying last November.

"I have to say that in the country, this province is way ahead," said Craig, a professor at Queen's University in Kingston, Ont.

"What they released in November puts them ahead, and they have the right kind of thinking and a real evidence-based policy."

The report makes several recommendations, including: updating procedures to ensure consistent prevention, rapid response and intervention and developing an anonymous online reporting tool.

Canada is one of the top three countries where bullying is most prevalent, according to Craig.

"We always think that we're nice and kind and gentle, but that's not always the case," she pointed out.

SARAH TAGUIAM/METRO

The director of Copenhagen Zoo, Steffen Straede, stands in front of two lionesses. POLFOTO, JENS DRESLING/THE ASSOCIATED PRESS

Danish zoo defends killing four of its lions

Copenhagen Zoo. This cull has put the zoo on the defensive again, a month after it killed a healthy giraffe

A Danish zoo on Wednesday defended its decision to kill two aging lions and two cubs, citing the risk of inbreeding and the arrival of a new male. This week's cull has put the Copenhagen Zoo on the defensive again, a month after it infuriated animal rights activists by killing a healthy giraffe, dissecting it in public and feeding it to the lions.

In a statement, the zoo said it had to put down the lions to make room for the new, three-year-old male, saying it wouldn't have been accepted by the pride if the older male, 16, were still around.

"Furthermore we couldn't risk that the male lion mated with the old female as she was too old to be mated with again due to the fact that she would have difficulties with birth and parental care of another litter," the zoo said.

The zoo said the cubs were put down because they couldn't fend for themselves and the male would likely kill them. THE ASSOCIATED PRESS

Zoo as tough as nature

Zoo officials hope the new male and two females born in 2012 will form the nucleus of a new pride.

- They said the culling "may seem harsh, but in nature is necessary to ensure a strong pride of lions."

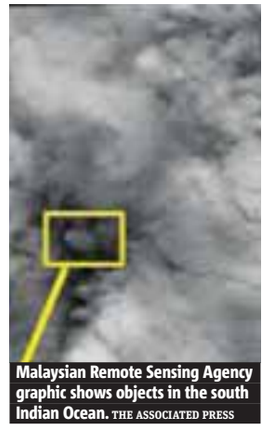
122 objects spotted in ocean offer fresh lead

A French satellite scanning the Indian Ocean for remnants of a missing jetliner found a possible plane debris field containing 122 objects, a top Malaysian official said Wednesday, calling it "the most credible lead that we have."

Defence Minister Hishammuddin Hussein said the objects were more than 2,500 kilometres southwest of Australia, in the area where a desperate, multinational hunt has been going on since other satellites detected possible jet debris.

Clouds obscured the latest satellite images, but dozens of objects could be seen in the gaps, ranging in length from one metre to 23 metres. Hishammuddin said some of them "appeared to be bright, possibly indicating solid materials."

The images were taken Sunday. Various floating objects have been spotted by planes and satellites over the last week, including on Wednesday, when the Australian Maritime Safety Authority said three more objects were seen. THE ASSOCIATED PRESS



Malaysian Remote Sensing Agency graphic shows objects in the south Indian Ocean. THE ASSOCIATED PRESS

Search now size of Alaska

Malaysia announced Monday that a mathematical analysis of the final known satellite signals from the plane showed that it crashed in the sea, killing everyone on board.

- The new data greatly reduced the search zone, but it remains huge — an area estimated at 1.6 million square kilometres, about the size of Alaska.
- Recovering any part of the plane will be tough because of the sheer depth of the ocean — much of it between about 3,000-4,500 metres (10,000-15,000 feet) deep in the search area.

Turkey

Court orders Twitter restored

A Turkish court ordered the telecommunications authority to restore access to Twitter on Wednesday, issuing an injunction five days after the government blocked access to the social network.

The ban came shortly after Prime Minister Recep Tayyip Erdogan threatened to "rip out the roots" of Twitter, which has been a conduit for links to recordings suggesting government corruption.

THE ASSOCIATED PRESS

Art mimics life

Movie similar to disaster on hold

A disaster movie about a jet that crashes into the ocean on its way to Beijing has been put on hold because of its similarities to the missing Malaysian plane.

Arclight Films, the company behind Deep Water, said Wednesday that pre-production has been halted for the time being.

"We're delaying it out of respect for what's going on,'' managing director Gary Hamilton said.

THE ASSOCIATED PRESS

Secret Service

Three of Obama's bodyguards called home

The chairman of the Senate Homeland Security Committee said Wednesday he's troubled by an incident involving a drunken Secret Service agent in connection with President Barack Obama's overseas trip to the Netherlands.

On Sunday, the agency called three agents home from the Netherlands just before Obama's arrival for talks with foreign leaders.

THE ASSOCIATED PRESS

Exclusively at

Kitchen & Bath
CLASSICS

Come visit our showroom TODAY!

1176 Hamilton Street, Regina, SK S4R 2B2 • **T: 306-565-2284**

CATCHING DREAMS

Day 1: the Problem
Day 2: the Plan
Day 3: the Promise

Chance

Upheaval is coming for First Nations schools. The federal government is planning to invest nearly $2 billion into the neglected system and give communities more control over their own education. Metro travelled to two on-reserve schools to document their condition, the details of the plan and why many people say the proposed changes may be their kids' last chance.

Critics speak

They threw out our work, say Liberals

Despite Prime Minister Stephen Harper's claim that his First Nations education bill is "historic" and "long overdue," Carolyn Bennett remembers when the Liberal Party made a similar attempt years ago.

The aboriginal affairs critic and Toronto MP pointed to the 2005 Kelowna Accord, a broad-sweeping piece of legislation that sought to close the gap between First Nations communities and the rest of Canadian society.

It was scrapped in 2007 in a vote after the Conservatives were elected.

"The fact that the Kelowna Accord was thrown out was very upsetting," Bennett told Metro. "The Liberals are serious about this and want to carry on the work that was begun with Kelowna."

Bennett also had few kind words for how the current government formulated its First Nations education bill. She called the initial attempt, which was introduced in November and is now undergoing revision, a complete disaster.

"There needs to be an understanding that bottom-up is the only way this will work," she said. "More paternalism and more tablets coming down from on high just serves to irritate people such that they can't even hear what you're saying."

"More paternalism and more tablets coming down from on high just serves to irritate people."

While Bennett conceded that Harper's promise of $1.9 billion for on-reserve education over seven years is comparable to former Liberal Prime Minister Paul Martin's promise of $1.7 billion over five years, she focused her criticism on how each administration arrived at the conclusion.

"(The Kelowna Accord) started with hundreds of people in a room, deciding what will be the priorities and then dividing up into working groups and 18 months later coming up with a real plan with the dollars attached," she explained.

By contrast, she said, the Conservatives have imposed their views without proper consultation and have delayed the injection of funds into the system.

"We found out when the budget was tabled those monies won't fall until next year," she said. "So in some ways it was one step forward and two steps back."

However, Bennett added there is some evidence the Conservatives have been listening and eagerly awaits the release of the newly drafted document.

"This is about fixing the greatest social injustice in Canada," she said.

JACOB MORGAN/METRO IN SASKATOON

Toronto MP and Liberal critic for aboriginal affairs Carolyn Bennett CONTRIBUTED

The First Nations Control of First Nations Education Act. Metro tracks down answers to the big questions about the government's solution

JACOB MORGAN
Metro in Saskatoon

How much will it cost?

That's the main question.

Prime Minister Stephen Harper has committed a total of $1.9 billion. This includes $1.25 billion to run the system beginning in 2016 and increasing 4.5 per cent annually, $500 million for infrastructure over seven years beginning in 2015 as well as $160 million for transitional costs over four years beginning in 2015.

Shawn Atleo, national chief of the Assembly of First Nations, tells Metro the 4.5 per cent escalator is a step in the right direction.

"We've been advocating for years to break the two per cent cap," said Atleo, referring to the limit placed on education funding increases in the '90s, which doesn't adequately account for inflation and population growth.

What will curriculum look like at on-reserve schools?

One of the prime minister's catchphrases is "a comparable system." The goal is to create First Nations curriculums and high school diploma qualifications that parallel those offered in non-aboriginal schools.

In addition, the government has promised to continue consulting with indigenous communities — after its original draft proposal was met with condemnation last fall — to incorporate language and cultural programs that reflect the unique heritage of all 633 First Nations across the country.

"We said we needed resources for language and culture, (and) they've identified that they put that in that $1.9-billion budget announcement that they made," said Atleo.

Shawn Atleo, national chief of the Assembly of First Nations
THE CANADIAN PRESS FILE

"The overriding goal of the legislation is better outcomes for First Nation students. First Nations and the Government of Canada agree that this is best achieved through First Nations control."
— Government of Canada website

How will the new act change control of First Nations education?

Until now the Indian Act has governed First Nations education. Since the end of the residential school era, Ottawa has directly administered the system.

The new bill will create First Nations education authorities, which will function similarly to school boards in the provincial system. Authorities will govern schools on a local level and ensure they meet national and provincial standards.

Bernard Valcourt, minister of Aboriginal Affairs and Northern Development, tells Metro that First Nations communities will appoint their own authorities, which can represent an area or a single school.

"I don't want to control education," said Valcourt. "I want First Nations to control education and First Nations will have options."

Will there be accountability?

The First Nations education authorities will oversee administrators and require annual reports. The regular reporting is designed to ensure teachers are certified and standards are met.

Atleo said accountability is a two-way street and both sides are responsible.

"They moved away from requiring or suggesting ministerial oversight," he said. "Now we're talking about reciprocal accountability."

Valcourt added that First Nations

to act

education systems "will have to be accountable to their community, to the parents, to the kids and not to the federal government."

Who opposes this?

There are numerous groups across Canada opposing the bill. One example is the Onion Lake Cree Nation in the Treaty No. 6 Territory.

Diana Steinhauer holds a PhD degree in indigenous knowledge from the Blue Quills First Nations College and works in governance at Onion Lake. Her official title is ka-nikanapistahk, which she says is Cree for "those who can't speak for themselves, and it refers to the ones who aren't here yet: the animals, the plants, the birds."

Steinhauer explained that Onion Lake rejects the education act and any form of legislation that impedes on their sovereignty.

"We have our inherent jurisdiction over education and we're not going to relinquish it," she said.

The government is not in a position to hand over control, said Steinhauer, because treaty-rights holders should already have that power.

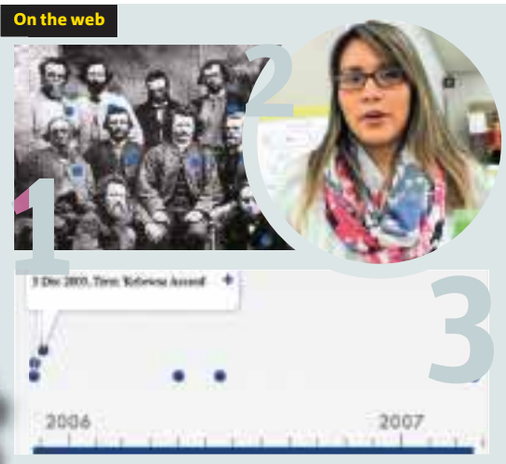
"It's not their jurisdiction to be telling us what to do," she said.

She added that the AFN doesn't speak for Onion Lake, as "it's not an inherent rights holder, it's an organization developed and funded by the government."

> "The legislation will require that First Nation schools ... award widely recognized diplomas or certificates. These requirements do not currently exist."
> — Government of Canada website

BERNARD VALCOURT, MINISTER OF ABORIGINAL AFFAIRS AND NORTHERN DEVELOPMENT

On the web



1 Blue dot. A sign of defiance

Find out how a little blue sticker became a symbol of protest for opponents of the act. CHRISTI BELCOURT/TWITTER

2 Youth. Beyond the politics

Head over to metronews.ca to see what attendees at the Assembly of First Nations Youth Summit had to say about their learning experiences.

3 Timeline. Scrapped attempt

Go online to see an interactive timeline of the quashed Kelowna Accord and hear from the national co-chair of the Liberals' Aboriginal Peoples' Commission.

Critics speak

Too much we don't know, says NDP

MORGAN MODJESKI
Metro in Saskatoon

The aboriginal affairs critic for Canada's opposition party has "major concerns" about the federal government's plan to improve First Nations education.

Announced back in February, the First Nations Control of First Nations Education Act would inject more than $1.9 billion in additional funding to address a financial shortfall for on-reserve education, starting in 2015.

But critics of the bill have questions on how — and when — the act will be implemented.

"We actually haven't seen any legislation at this point, and what my concern is, is that the process of how this is going to be drafted is unclear," said Jean Crowder, aboriginal affairs critic for the New Democratic Party.

"From our perspective, you can't draft this legislation without having First Nations at the table."

Although the federal government held eight face-to-face consultations, 54 informational briefings and received 631 responses to an online survey while drafting the original First Nations Education Act, it was widely rejected.

> "I don't know if there's two people in a closed room putting it together."

And with the federal government's recent announcement having little information on how First Nations will be consulted, Crowder said it's hard to know what its outcome will be.

Jean Crowder, NDP critic for aboriginal affairs CONTRIBUTED

"I don't know if there's two people in a closed room putting it together, whether it's going to have regional representation from across the country," she said.

While Crowder feels the government's acknowledgment of the funding gap is a step in the right direction, the fact money doesn't start flowing until after the 2015 federal election raises questions for her and her supporters.

"I can't speak to their motivation on it, but judging by the emails and letters I'm getting in my office, nobody's being fooled," she said.

"People recognize the money doesn't flow until after a federal election, and given past history, just because people say one thing before an election doesn't mean they're going to do the same thing after.

"I think the timing is very suspicious," she said.

But Bernard Valcourt, federal minister of Aboriginal Affairs and Northern Development Canada, says the act has nothing to do with the upcoming election.

"I dismiss these charges ... (of) pure political partisanship on (the) part of the people who would rather not have us in government.

"A lot of work has been done. This has been evaluated and looked at by First Nations all across Canada. We've received their views, we've got the AFN resolution, we've got the open letter of the national chief and we have identified a way forward."

Chow to Ford: 'It's time to take down the circus tent'

Toronto. Scandal-plagued mayor accused of having made the city 'an international embarrassment' during live televised debate

Toronto Mayor Rob Ford, right, laughs next to David Soknacki as they take part in a mayoral debate in Toronto on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

Toronto's scandal-plagued mayor held his own against several concerted attacks during Wednesday's first televised mayoral debate as he seeks to stay in office come October.

Rob Ford, who frequently rolled his eyes, stared at the ceiling and flashed grins at the audience, defended his fiscal record as he shot back at the candidates vying to replace him.

"Four years ago, I was elected to stop the gravy train," Ford said, thumping a familiar drum. "I have stopped the gravy train."

Former NDP MP Olivia Chow was quick to shoot him down: "It's time for you to go because your gravy train has turned into a train wreck," Chow said. "You need to pack up that nonsense you're talking about."

Chow was the first candidate to allude directly to, but not mention, Ford's well-known problems — including smoking crack and spouting obscenities on live TV — that have made him talk-show fodder and made him a recognizable name around the world.

Ford was frequently content to let the others debate among themselves, but didn't hesitate to jump in.

Former provincial PC party leader John Tory said Ford had "run out of gas" given his inability to get anything through a council that has stripped him of most of his powers. He accused the mayor of letting taxpayers down and ruining the city's reputation.

Mostly, though, it was Chow and Ford who went at each other during the two-hour debate. "It's time to take down the circus tent at city hall," Chow said, saying the mayor had made Toronto "an international embarrassment."

Voters will choose whether Ford remains in office or will be replaced Oct. 27.

THE CANADIAN PRESS

Up for debate

"We've had it with the scandals and lack of truth. It's time to go because you're embarrassing our city." Olivia Chow, to Rob Ford

Russia. PM Harper says Vladimir Putin still in a Cold War state of mind

Stephen Harper takes part in a Q&A in Munich, Germany, on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Prime Minister Stephen Harper issued a solemn warning to Germans about Russia Wednesday, reminding them of the dangers posed by a leader with a Cold War mentality who has brazenly seized territory from a weaker neighbour.

"As unfortunate as it sounds, it's increasingly apparent to me that the Cold War has never left Vladimir Putin's mind; I think he still thinks in those terms," Harper said on the eve of his meeting with German Chancellor Angela Merkel.

"We simply, as a world, cannot afford the risk of Europe going back to being a continent where people seize territory, where they make claims on neighbouring countries, where the bigger military powers are prepared to invade their neighbours or carve off pieces."

Germans know this better than anyone, Harper suggested.

"This is a world we cannot go back to — I know the feeling about that in Germany particularly. We cannot go back to this. It represents an enormous long-term threat to peace and security."

THE CANADIAN PRESS

Lucky in London. Ontario man wins second jackpot, this time it's a cool million

Meet Robert McPhail: London, Ont.'s luckiest man, who claimed the second big lottery prize of his life — $1 million in the March 19 Lotto 6-49 draw.

His first round of luck came in 1992 when he was part of a group of seven that cashed in on $571,157.

McPhail was picking up a newspaper and some chocolates for his wife at a Shoppers Drug Mart when "something told me to buy a ticket," he said.

McPhail ended up buying two tickets for the draw.

"I found out about my win when checking my numbers against those posted in the newspaper," he said. "I was in disbelief. I always thought I would win again — I just didn't know when. My family members keep rubbing me for good luck."

McPhail plans to take a trip to the U.K. with his wife and may take his grandchildren on a fishing trip.

A University of Alberta math professor has figured that if you play twice a week, every week for a thousand years, the chances are better than 99 per cent that you'll never win the jackpot. It's a good thing McPhail isn't a mathematician.

SCOTT TAYLOR/METRO IN LONDON, ONT.

Robert McPhail of London, Ont., won $1 million in March 19's Lotto 6-49 draw. He'd won before as part of a group that cashed in on $571,157 in 1992. CONTRIBUTED

Walking in a winter wonderland — in spring

A pedestrian battles the high winds and blowing snow as he walks in downtown Halifax on Wednesday, where a spring snowstorm packed a bigger punch than any of the storms that hit Nova Scotia during the winter. Halifax was brought to a standstill, with government offices, schools, retailers and transit all eventually shutting down. By 6:30 p.m., winds gusting up to 80 kilometres per hour in Halifax and up to 130 kilometres per hour along the Atlantic coast had caused a near-record-breaking high tide in Halifax Harbour, swamping some coastal wharves and roads. TEXT: RUTH DAVENPORT/METRO IN HALIFAX; PHOTO: ANDREW VAUGHAN/THE CANADIAN PRESS

Concerns under review

Support may exist to fight old-age poverty in vets

The Veterans Affairs Department is weighing whether federal programs provide enough of a safety net to keep severely injured ex-soldiers from falling into poverty after they turn 65.

Minister Julian Fantino and senior officials have told a Senate committee that the concerns are still under review, but Fantino suggests some may be addressed by a parliamentary review of the new veterans charter. THE CANADIAN PRESS

Labour

Deal reached in costly Vancouver truckers' strike

Striking truckers at Canada's largest port reached a deal Wednesday to end a prolonged strike, which has left hundreds of millions of dollars' worth of cargo stranded at Vancouver-area container terminals and prompted escalating pressure from the provincial and federal governments.

THE CANADIAN PRESS

BlackBerry beckons business with security software in BYOD era

Bring your own device. As more staffers use personal phones to conduct business, the Waterloo tech firm aims to provide peace of mind

BlackBerry Ltd. has received certification for U.S. government employees to use its Secure Work Space enterprise software on iPhones and devices that use the Android operating system.

The technology is part of products that became available through the rollout of its BlackBerry 10 operating system.

The Waterloo, Ont.-based company says the software helps government and business employees use mobile devices of their choice with lower security risks.

The certification will give security-conscious organizations, like U.S. and Canadian government agencies, the ability to use software that separates sensitive corporate data from personal content on a single mobile device.

More technology companies have been chasing the lucrative business market as BlackBerry's popularity waned. Both Google and Apple developed their own enterprise software designed to attract government agencies and corporations.

BlackBerry has relied on its strong reputation for security to help roll out a series of new security options linked to BlackBerry 10.

This week, the company announced that it's about to launch an update to its popular BBM chat service that it hopes will generate extra revenue.

Part of the plan includes a more secure level of BBM for smartphones on corporate accounts that companies would pay extra to use.

BlackBerry is also working on launching a new BBM Shop that deals in virtual goods and would work alongside companies to generate money through sponsorship deals.

THE CANADIAN PRESS

Lawsuit launched

In other developments yesterday, chief executive John Chen says he's fighting against future product leaks by filing a lawsuit that he hopes will set an example.

- Chen alleges that an unnamed person stole confidential details about a future BlackBerry product and leaked them to the public.

Saga of the sweet, then sour stock debut

Characters of the King Digital Entertainment game Candy Crush Saga walk the trading floor of the New York Stock Exchange, before the company's IPO, Wednesday. The festive move didn't last. King's stock priced at $22.50 US on Tuesday, valuing the company at $7.1 billion, but it opened on Wednesday at $20.50, down almost nine per cent. Its shares lost more ground by the day's close, falling more than 15 per cent. King Digital Entertainment PLC had $1.88 billion in revenue last year. That's more than 10 times its 2012 revenue of $164.4 million. THE ASSOCIATED PRESS

Deal with the devil? It took one man 16 years to get out of loan agreement

It started with an unwanted laptop, and it ended in Britain's Supreme Court.

A Scottish man on Wednesday won a 16-year court battle sparked by a wrangle over a loan he'd taken out to buy a computer.

Oil worker Richard Durkin bought a laptop from a store in the Scottish city of Aberdeen in 1998, using a credit agreement with lender HFC Bank for about 1,500 pounds. He returned the computer the next day because it lacked an internal modem, and tried to cancel the credit deal.

The bank said he couldn't, and after he refused to pay, it declared he had defaulted. Durkin said the bad credit rating meant he was unable to buy a house.

Durkin took legal action, and in 2008 — a decade after the purchase — a court awarded him more than 100,000 pounds. That decision was overturned by appeals judges, and the case eventually wound its way to the Supreme Court.

The saga ended Wednesday when five Supreme Court justices ruled that Durkin had "validly rescinded the credit agreement" and awarded him 8,000 pounds ($13,000 US) in damages, a fraction of his initial award. THE ASSOCIATED PRESS

Have password fatigue? Your voice may solve that

With passwords and PINs increasingly being targeted by hackers, speaking could become a new method to access secure accounts.

Voice biometrics — technology that knows who you are based on your voice characteristics — is already being used by banks and telecom companies globally for better security, says Brett Beranek of software company Nuance Communications.

"Our voices are unique to us, just like our DNA," says Beranek, from the U.S.-based Nuance's Montreal office.

THE CANADIAN PRESS

Airbag issue

Nissan recalls 60,000 vehicles in Canada

Nissan is recalling about 60,000 cars, SUVs and minivans in Canada because the front passenger airbags may not inflate in a crash.

The announcement is part of a broader recall of just over one million cars, SUVs and minivans across North America by the automaker. It's the company's second recall to fix the same problem.

The recall affects almost 990,000 vehicles in the U.S. and small numbers elsewhere. THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.22¢ (+0.61¢)

TSX
14,184.10 (-115.39)

OIL
$100.26 US (+$1.07)

GOLD
$1,303.40 US (-$8.00)

Natural gas: $4.39 US (-$0.01)
Dow Jones: 16,268.99 (-98.89)

Reno OPS
a new approach to home renovations
Don't worry about the details.
Let our service coordinators assist you with your home renovation decisions
Saving you...
TIME, MONEY and .... STRESS
Find us at the
Spring Home & Garden Show
March 27-30
Call for your free consultation
306-570-3435
renovationoptions.ca

I SURRENDER, MOTHER NATURE

HE SAYS

John Mazerolle
metronews.ca

OK, winter, I give up.

Forget discontent. This is the winter of our disbelief.

Mother Nature went from her usual fickle and frigid self to full-on cruel and cold-hearted. Bing Crosby's White Christmas gave way long ago to Game of Thrones' Winter Without End. Jack Frost bit my nose off and spat it in my face.

We were once in a snow globe, but now we're trapped Under the Dome, scratching at the glass and screaming for anyone to let us out.

As I write this, the Maritimes is being hit with the sort of storm that usually gives rise to over-the-top, two-word blends like polar vortex, frostquake or snowpocalypse. By the time you read this, the blizzard may well be known as a Sleet Scream, The Parthenon Freeze or Icetrocity 2014.

Meanwhile, in Toronto, it's been cold for so long that my friends and I are deeply excited that the forecast for the week includes such mercies as 10 degrees and rainy, which will give us at least one day to dream that we're Vancouverites adrift in a warmish sea of cappuccinos and cannabis.

(This column is least relevant for Vancouver residents, but just replace the word "snow" with "rain," the word "cold" with "drab" and the words "We're all in this together" with "Get bent.")

The predicted improvement from insufferable weather to unpleasant weather had given me hope that things were improving, but then I saw a new headline on Wednesday: "WINTER-LIKE WEATHER TO CONTINUE UNTIL AT LEAST MID-APRIL."

It's funny how your eyes play tricks on you, because when I first glanced at the headline I read it as "LEAP FROM THE BUILDING IMMEDIATELY." I thought about it, but figured the snow would probably break my fall anyway.

Which leads me back to my original thought: I give up. I have no more rage, no more despair to give. The tears only freeze on my face. The seven-day forecast has pushed me through the seven stages of grief and it's time to accept my frosty fate.

I accept that it's going to be winter forever. And I for one welcome our new, flakey overlords.

Why, winter year-round will be grand.

Patio weather will be any time we want, there'll be no annoying change of car tires, no suffering through another bus-stop simpleton asking, "Hot enough for ya?"

Hockey in June will make perfect sense, the cars-versus-bikes feud will end, and a balaclava will provide all the SPF protection you need.

No smog, no humidity, no insects. No summer love means no summer heartbreaks.

Endless winter will mean being comfortably numb, with smiles frozen on our faces.

I give up, winter. You win. I am yours, and you're all right.

A naysayer might claim I have Stockholm syndrome, but I checked. It's 14 and sunny there.

Uncle, Mother Nature. Uncle.

ZOOM

10,000-calorie, beastly burger

Substantial sandwich inspired by a cartoon

The 10,000-calorie whopper, dubbed the Ulti-Meatum, was cooked up by restaurant owners Corinne and John Clarkson after seeing the meat feast on Cartoon Network's The Regular Show.

The monster meal includes five pounds (2.2 kilograms) of meat and a cheeseburger within a burger just like in the children's animation. The owners of the Mister Eaters fish and chips restaurant in Preston, England, are offering up a man-versus-food challenge where daring punters can eat for free if they can finish the burger in one sitting. METRO

TWITTER:@TORGANDELLIOTT

Q & A with John Clarkson, one of the creators

Special plate needed to hold it

Was this as much a personal challenge as anything else?
Yeah, I enjoy it and it's a bit of fun. I'm a butcher by trade and I'm familiar with meat and how it sticks together, so I thought I'll have a go. We've done the world's biggest deep-fried Ferrero Rocher at 11 pounds (five kilograms) in weight and that went global, so I thought I could do the same with this. It gets people talking; the shop's been overwhelmed.

Did you have any problems building the burger?
We had three or four flops. I had to design a plate with pins that are the same height as the burger, so that it doesn't topple over. The thing with my burger is that it's not messy when you cut it open — you get a really nice cross-section as you can see in the picture.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The Oculus Rift VR helmet's splashy debut on the tech conference circuit helped make it one of the most successful Kickstarters of all time, eventually leading to Facebook's $2B purchase of Oculus on Tuesday. So it looks like VR is about ready to become a thing, and these movies available on Netflix will provide a nice glimpse of the nightmarish future it will usher in.

The Oculus Rift virtual reality headset THE ASSOCIATED PRESS

eXistenz:
Jennifer Jason Leigh and Jude Law star as a video game designer and her protégé who flit between virtual worlds while avoiding assassins determined to hunt them down in this sci-fi brain bender from David Cronenberg. It's truly weird and wonderful.

Strange Days:
A gem lying among the junk of mid-'90s cyber-paranoia flicks, the Kathryn Bigelow-directed Strange Days is the story of a former cop who stumbles across a high-profile murder among his collection of virtual reality clips, wrapping him up in a manhunt across an L.A. that has disintegrated into a war zone as the calendar heads toward the year 2000.

Evolver:
Here is where we veer decidedly into B-movie territory when an elite gamer gets a chance to play a live version of his favourite video game. Naturally, this leads to big, violent problems when he finds himself battling a ruthlessly efficient killer robot.

Twitter

@metropicks asked: A US$297 course called conscious uncoupling promises a happy breakup. Would you pay?

@Canucklehead_ca: Why pay to have the cow sent back to pasture when you can simply give up milk for free?

@prussell_pc: I have paid .. far more. This program takes two to un-tango, and so wouldn't have worked for me.

@AnyaZub: That's like four bottles of whiskey,cover charge and two rounds at the bar for me and two of my best friends.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro **President** Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

Cheap girls wear influences

Famous Graves. Band to release new album with influences from favourite artists, personal experience

JACOB MORGAN
regina@metronews.ca

Cheap Girls play with Laura Stevenson and Against Me! in Regina on March 30 at the Exchange and in Saskatoon on March 31 at Louis' Pub. Their new album, Famous Graves, comes out on May 13 through Xtra Mile Recordings. RYAN RUSSELL/CONTRIBUTED

The three members of Michigan's Cheap Girls make music from the perspective of true fans. Metro spoke with bassist, vocalist and songwriter, Ian Graham, about his classic indie rock influences and the band's upcoming album, Famous Graves, ahead of their shows in Saskatoon and Regina.

"I definitely write songs that I would want to hear," says Graham.

His list of favourite artists includes the Replacements, the Lemonheads and Superchunk. But perhaps the songwriter Graham most reveres is Doug Hopkins of the Gin Blossoms, best known for the breakthrough single, Hey Jealousy, on the multi-platinum 1992 album, New Miserable Experience.

"That big record is one of the earliest records I remember hearing and loving," said Graham. "The Doug Hopkins songs specifically, I think, are just incredible pop songs."

Graham also draws from personal experience. The first track released off Famous Graves is a sincere and hook-filled tune called Knock Me Over, and he said the meaning is literal.

"I have had a lot of knee surgeries in the last few years and I wrote that song after one of my last surgeries about being frustrated from being in a lot of pain," said Graham.

This combination of originality and taste has attracted the attention of some the most important names in contemporary rock music. Laura Jane Grace of Against Me! produced the last Cheap Girls album, Giant Orange, which Graham said helped him hone his craft even more this time around.

"She was pretty involved as far as the songs and things like that go," he said. "We've learned something with every record."

While Giant Orange was recorded at Grace's Total Treble studio in Florida, Famous Graves was made over the course of a couple months in Grand Rapids, Mich. and Chicago.

"It did seem like the right kind of environment for what we wanted to do," said Graham. "It's the most amount of time we've ever taken (on an album)."

And the hard work is paying off. Famous Graves will see a worldwide release on May 13 through Xtra Mile Recordings, and Cheap Girls is currently supporting Against Me! on an extensive North American tour.

In April, Cheap Girls will hit the road with another indie heavyweight, the Hold Steady, for a slew of dates.

Naturally, Graham is excited. "We're very fortunate to meet and play shows with bands that we really admire," he said. "There's not really a better thing than that as far as we can tell."

Tour & LP release dates

Cheap Girls play with Laura Stevenson and Against Me! in Regina on March 30 at the Exchange and in Saskatoon on March 31 at Louis' Pub. Famous Graves comes out on May 13 through Xtra Mile Recordings.

Selena Gomez ALL PHOTOS GETTY IMAGES

Selena, stop hitting repeat-peat-peat on that relationship: Parents

Selena Gomez's parents are reportedly gearing up for another intervention for the former Disney star, hoping a return trip to rehab and distance from on-again, off-again boyfriend Justin Bieber will get her back on the straight and narrow, according to Life & Style Weekly. Their last attempts to convince Gomez to seek help for anxiety and alleged substance abuse issues went well, with Gomez voluntarily checking into the Meadows treatment facility in Arizona — but she checked herself out two weeks later to rush to Bieber's side in the wake of his legal troubles. And she's been spotted with the troubled Canadian pop star regularly since then, most recently this past weekend in L.A. when she stopped by the Sunset Towers Hotel for a quick visit with Bieber. Sources tell the magazine that Gomez's parents want her to ditch Bieber for good and head back to Meadows to complete her six-week program.

Lindsay Lohan

Lindsay's got friends in Lo places, so what will that mean for her sobriety?

Folks close to Lindsay Lohan are reportedly worried about the starlet's fragile sobriety now that filming has concluded for her Oprah Winfrey-produced reality series, especially with the bad influences she's hanging around, according to Radar Online.
Particularly troubling connections include British socialite Lady Victoria Hervey and Spanish artist Domingo Zapata. "This is terrible news and so bad for Lindsay's sobriety," a source says. "It's a really bad sign. Anyone in recovery knows when you hang around with the same old people that you used with before it will sidetrack your entire life."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

That's so tweet: Martin and Paltrow make peace with a painting

THE WORD
Dorothy Robinson
scene@metronews.ca

What should a sensitive GOOP-ified husband do to comfort his soon-to-be-ex-beloved in their time of conscious uncoupling? Put a bird on it, of course.

Chris Martin and Gwyneth Paltrow are clearly making an effort to ensure that even their divorce is expensive and classy. Apparently Coldplay front man Martin even bought Paltrow a parting gift — an etching of a bird by Polish artist Mila Fürstová, created as cover art for a Coldplay album, a source told the Daily Mail.

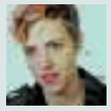
"The fighting is over now, there's no bitterness. They're actually going to have some fun," the source said.

There's the picture above. It's pretty cool and the sort of thing that Chris Martin and Gwyneth Paltrow would have in their living room.

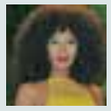
It seems unfair that even their divorce is cooler than me. Or maybe not: Mila Fürstová's staff denies that Chris Martin bought one of her works "as a gift or for any other reason."

Twitter

@Pink
I'm hearing I've been hacked... I hope "I" didn't say something out of line. Can I always say I've been hacked now? When I do that?



@samantharonson
Just found a piece of cheese in my sleeve- in case you were wondering how this not smoking thing is going.



@solangeknowles
This damn taxi driver... This tweet sponsored by "Shade"

Judd Apatow and Lena Dunham

Apatow admits Girls could have been a lot more graphic

While Lena Dunham's hit HBO series Girls has often been criticized for how far it goes as far as sexual content, producer Judd Apatow reveals that apparently they've wanted to go even farther. "There have been things on Girls where HBO has said to us, 'If we put this on TV, we literally could lose our license to broadcast," Apatow told a group of college students at an event in Los Angeles, according to the New York Post. "Let's just say it's something you see in adult film — elements of sexual intercourse. The high points of sexual intercourse." Maybe they can save that for the DVD.

Fashion, at its purest, is about telling stories. And the best storytellers are ones with tales to tell themselves. Here, we look at five individuals making waves in the Canadian fashion industry while weaving their own experiences into the mix.

SIGRID FORBERG
life@metronews.ca

5 who stitched their story into a style career

Nana Osei

Designer, Bôhten Eyeglasses Inc.

It was on a trip to Ghana in 2009 that Nana Osei saw an opportunity to combine his passions for social responsibility and fashion. While still in university in Ottawa, he created Bôhten Eyeglasses Inc. The lightweight eyewear, made of reclaimed wood from West Africa and handcrafted in zero-waste facilities in Canada, have been drawing national attention. He's even appeared on the Dragon's Den. In the future, Osei hopes to bring the manufacturing to Africa as well. "People say there's nothing you can do about some things, but I say it always just starts small," says Osei.

Meredith Wright

Filmmaker, Agency

After modelling for several years around the world, and being turned off by the way models were treated everywhere she went, Wright wanted to expose some of the darker sides of the industry. The end result was Agency, a documentary about young girls working for a modelling agency in Japan. Shot through Wright's own perspective, living in an apartment with fellow models in Osaka, Japan, the film aims to get people asking questions about the industry they normally wouldn't. "If I told someone that underage girls were working with no representation, they would be upset," says Wright. "So why is it OK when it's for fashion?"

Lolitta Dandoy

Blogger, Fashion is Everywhere

With a mix of French and English posts on Fashion is Everywhere, Dandoy is the quintessential Montrealer. As a fashion journalist, she'd always wanted to start her own publication. Faced with a cancer diagnosis several years ago, while convalescing at home, she decided to go for it. Surrounded by so much creativity in Montreal, she tries to capture an awareness in her blog that the fashion community *is* in fact a community and has a greater meaning beyond superficial consumerism. "When somebody doesn't feel right in their skin, a lot of that can have to do with their appearance," says Dandoy. "It can change things you don't expect."

Julia Che

President, Lotus Leaf Communications

After studying fashion communications at Ryerson University, Che was working in public relations in Toronto when she noticed a friend, who is a talented jewelry designer, needed help promoting her product. Thus, Lotus Leaf Communications was born. They now represent big-name clients like 7 For All Mankind, Dr. Martens and Manitobah Mukluks. And while they've grown exponentially from that first client, at the end of the day, Che has used the company's success to give back to the community, "Agents of Change is a branch of Lotus Leaf," says Che. "Through it, we can use our expertise to increase awareness about social issues."

Jigme Nehring

Founder, Mine & Yours

After living in Los Angeles, where the buy-sell-trade concept is common, Jigme Nehring decided to bring the model to Vancouver. Her resale shop, Mine & Yours is a place where women can purchase, sell or trade their gently used clothing. Nehring emphasizes the business's aspect of giving women the chance to recycle and find good homes for items that might otherwise collect dust in the back of their closets. The trouble with the fashion industry, Nehring explains, is the amount of waste it produces, which the shop aims to help negate as much as possible. "Mine & Yours helps reduce waste by extending the life of great pieces that are still in style and encouraging people to buy used clothing over new," says Nehring.

visit metronews.ca
metro

READY. SET. SHOP!
FEATURING
SARAH PACINI, EILEEN FISHER, REBECCA TAYLOR, RUDSAK
AND MANY MORE EXCITING BRAND NAMES
STUDIO S
FASHION HOUSE
RIVERVIEW PLAZA
3221 QUANCE STREET EAST
REGINA
306.543.2013
WWW.STUDIOSFASHION.COM

It's home, petite home

Small is more: A view inside the Morrisons' trailer home shows that you can have all the regular household essentials, even in a tight space. TINY HOUSE BUILD

Humble abode: The house's timber exterior is minimalist in style but feels right at home in its woodland surroundings. TINY HOUSE BUILD

Kitchen cool: It looks just like yours, maybe even better. TINY HOUSE BUILD

Work and rest: Office/eating area and kitchen. TINY HOUSE BUILD

Tiny house movement.
American family goes small, really small, and finds rewards are huge

MICHELLE CASTILLO
Metro World News in London

With their large house in the perfect neighbourhood, the Morrisons thought they were living the American dream. Soon, the strain of living in a spacious abode began to weigh down on their energy levels and their conscience.

"It went from comfort to resentment," Gabriella Morrison explains. "We didn't have time to enjoy the house because we had to work so much more to pay for it."

Luckily, the Morrisons found a simple solution to their homestead woes: They joined the 'tiny house movement.' Its members share the same ideal that living in small spaces can lead to less complex lives and less waste.

After reading The Small House Book by Jay Shafer, the Morrisons got rid of 50 per cent of their items within six months. Soon after, Gabriella, her husband Andrew and their daughter Terra sold their house, bought a pop-up tent trailer and moved to Baja California, Mexico.

"There's something about living in that teeny tiny pop-up trailer; we were finally able to connect with each other. It's lasted all this time. The changes that we experienced I daresay, it was really permanent," says Gabriella.

Wanting to continue their success, Gabriella and Andrew moved to Ashland, Ore. and built a 32 square metre trailer to live in. The structure, which took four months to build, contains two full-sized beds, a working/eating area, a kitchen, a bathroom and a lounge area for visitors.

To make sure they are living green, Andrew puts a special focus on cooling and heating their place efficiently. The high ceilings and multiple windows help keep the place breezy. A gas-burning fireplace helps warm the residence and allows them to turn off the device if they aren't around. Having a small house enables them to use less energy to accomplish both tasks.

The most expensive piece of "furniture" in the Morrison trailer was a $1,400 composting toilet — a dry toilet that turns human waste into compost, or 'humanure'.

They also purchase smaller-sized items they know that they can finish instead of buying in bulk, so they don't have excessive products and create more waste. In addition, there's no extra storage space in their tiny abode.

"The warehouse shopping thing is an unbelievable myth and farce," Gabriella explained. "You go in and see these amazing deals. The amount of things that went to waste was shocking. It's just too much. You can't use 40 bars of soap in a lifetime."

Three and a half years after making this choice, they have purged 80 per cent of their belongings. They live by the rule that if they don't use something in the last 365 days, they toss it out.

The Morrisons do own one storage unit, but are planning to sell most of the items inside. They allow themselves one Tupperware each for heirlooms. For anything sentimental that's not really needed, they take a picture to keep it in their memories but throw the item away.

Above all, the Morrisons' initiative is about staying simple and becoming independent.

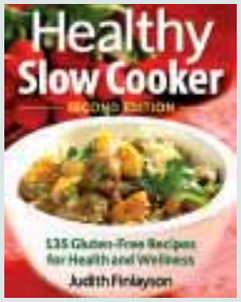
"One of our biggest passions in life is empowering the average person to build their own shelter. With the right information and a little encouragement even those with no previous building experience can handcraft their dream home," adds Andrew.

A room of one's own — for lucky tween

Admittedly, the Morrisons' living space can get a bit too cramped, especially with their two children to look after. So they built a small lookout cabin 30 metres away for their 12-year-old daughter Terra where she can study and sleep. Andrew has also started a larger treehouse project for his 17-year-old son, who's returned from college prep boarding school in Colorado. It's something he always promised his son since he was a child. "Now, we can finally do it — although the scope of the treehouse has got a lot more complicated," he adds laughing. MWN

Cookbook of the Week

Slow and steady wins health race



In the follow-up to the first edition of The Healthy Slow Cooker, Judith Finlayson takes conflicting information about the changing face of dietary guidelines and balances it with a common-sense approach.

All the recipes in the book are deliciously nutrient-dense and have a rounded approach to meet a wide range of needs.

From soups and entrées to desserts, Finlayson uses the slow cooker to show readers how simple healthy eating can be.

METRO

Slow cooker meal's protein punch

Beef and Chickpea Curry with Spinach.

The Indian-inspired flavours will have your taste buds doing a happy dance

"This combination of beef and chickpeas in an Indian-inspired sauce is particularly delicious. I like to serve this with brown basmati rice, not only because I like its pleasant nutty flavor but also for its nutritional value," writes Judith Finalyson in her book The Healthy Slow Cooker, Second Edition. "This is a generous serving (almost 2 cups/500 mL) so there will be more than enough to fill you up."

1. In a skillet, heat oil over medium-high heat. Add beef, in batches, and cook, stirring, adding additional oil if necessary, until browned, about 4 minutes per batch. Transfer to slow cooker stoneware.

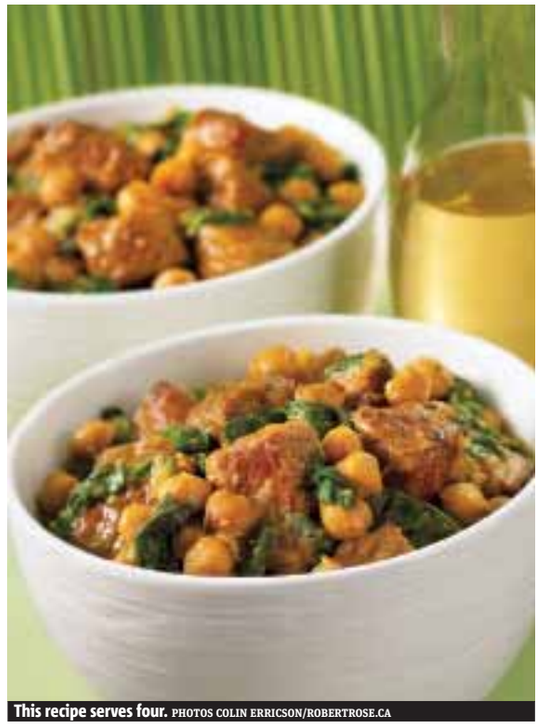
2. Reduce heat to medium. Add onions to pan and cook, stirring, until softened, about 3 minutes. Add garlic, ginger, peppercorns, cinnamon stick and bay leaf and cook, stirring, for 1 minute. Add beef stock and bring to a boil.

3. Transfer to slow cooker stoneware. Add chickpeas and stir well. Cover and cook on Low for 8 hours or on High for 4 hours, until beef is tender. Add curry powder solution and stir well. Add spinach, in batches, stirring until each batch is submerged in the curry. Cover and cook on High for 20 minutes, until spinach is wilted. Discard cinnamon stick and bay leaf. Ladle into bowls and drizzle with yogurt, if using.

RECIPES COURTESY THE HEALTHY SLOW COOKER, SECOND EDITION BY JUDITH FINLAYSON, 2014 © ROBERTROSE.CA REPRINTED WITH PUBLISHER PERMISSION.

Ingredients and Tools

- Medium to large (3 1/2 to 5 quart) slow cooker
- 1 tbsp (15 ml) olive oil
- 1 lb (500 g) trimmed stewing beef, cut into 1/2-inch (1 cm) cubes
- 2 onions, finely chopped
- 4 cloves garlic, minced
- 1 tbsp (15 ml) minced gingerroot
- 1/2 tsp (2 ml) cracked black peppercorns
- 1 piece (1 inch/2.5 cm) cinnamon stick
- 1 bay leaf
- 1 cup (250 ml) beef stock
- 2 cups (500 ml) cooked chickpeas, drained
- 1 tsp (5 ml) curry powder, dissolved in 2 tsp (10 ml) freshly squeezed lemon juice
- 1 lb (500 g) fresh spinach, stems removed
- 1 package (10 oz/300 g) spinach leaves, thawed if frozen
- Plain yogurt, optional



This recipe serves four. PHOTOS COLIN ERRICSON/ROBERTROSE.CA

Appetizer. Spinach and Artichoke Dip

This recipe makes about 3 cups (750 ml).

1. In slow cooker stoneware, combine shredded mozzarella, Neufchâtel cheese, Parmesan, garlic, artichokes, spinach and black pepper. Cover and cook on High for 2 hours, until hot and bubbly. Stir well and serve with homemade tortilla chips.

Ingredients and Tools

- Small to medium (11/2 to 31/2 quart) slow cooker
- 1 cup (250 ml) shredded mozzarella cheese
- 6 oz (175 ml) Neufchâtel cheese, cubed
- 1/4 cup (60 ml) freshly grated Parmesan
- 1 clove garlic, minced
- 1 can (14 oz/398 ml) artichokes, drained, rinsed and finely chopped
- 8 oz (250 g) trimmed fresh spinach leaves (about 8 cups/2 L)
- 1/4 tsp (1 ml) black pepper

For your phone

Blend (iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This introductory guide to creating your own spice blends includes sixteen international recipes and videos on how to dry, roast, and grind seeds for sauces, seasonings, desserts, and soup flavourings.

Blue Jays win after Dickey's dismal start

The Blue Jays' Melky Cabrera greets Jose Bautista at the plate after both scored on Adam Lind's fifth-inning single in Wednesday's spring training game against the New York Yankees in Dunedin, Fla. Toronto opening day starter R.A. Dickey gave up six runs and seven hits over three innings but the Jays still won 10-6. KATHY WILLENS/THE ASSOCIATED PRESS

DeLaet looks to master Augusta

PGA. Canadian golfer not daunted by first bid for Green Jacket

Weyburn's Graham DeLaet is primed to make some noise next month at the Masters. CHRIS TROTMAN/GETTY IMAGES

Graham DeLaet won't be so much in awe of Augusta National Golf Club when he makes his Masters debut next month.

The native of Weyburn made a trip to the fabled golf course last week. Although bad weather prevented him from playing a full round, he did walk the par-72, 7,435-yard layout and make mental notes regarding the lay of the land.

"It was drizzly rain and cold the first day and it was pretty tough on my body to swing in that kind of cold with that many layers on," DeLaet said during a conference call Wednesday. "But it was still very worthwhile to go and see the course … and kind of get the 'wow' factor out of the way. It (the course) was pretty much perfect."

An ardent television viewer of past Masters tournaments — including Canadian Mike Weir's 2003 championship — DeLaet said actually walking the course was a learning experience.

And from what DeLaet saw, he has the game to potentially succeed at Augusta.

"I do feel the golf course suits my game pretty well," he said. "I mean, it's a big golf course.… You have to drive it well and hit your irons precisely."

On Tuesday, Weir, of Bright's Grove, Ont., told reporters he felt DeLaet, 32, could contend at Augusta.

"I think Graham obviously has the type of game that can do very well there," Weir said. "He hits it long, he hits it very high."

DeLaet said he always has butterflies when he hits his first tee shot to officially open a tournament. But having played previously in the British Open as well as last year's President's Cup, DeLaet feels he knows what to expect heading into his first Masters. THE CANADIAN PRESS

Graham's great start

The five-foot-11, 165-pound DeLaet is enjoying a solid start to the PGA season.

- **In the hunt.** He's recorded five top-10 finishes, including two second-place efforts, and made the cut in eight of nine tournaments.
- **Ranking.** DeLaet stands 15th in the FedExCup standings.
- **Money talks.** He has already won more than $1.6 million US this season and last season earned $2.8 million and enjoyed seven top-10 finishes.

2015 Grey Cup

Cohon ready to 'showcase the modern CFL'

Mark Cohon says he's looking forward to showcasing the modern CFL in one of the league's proudest homes.

Sporting a blue-and-gold tie, the CFL commissioner officially announced Wednesday that the Winnipeg Blue Bombers will host the 103rd Grey Cup game on Nov. 29, 2015.

Cohon said the event will highlight the growth of the league and show off the 33,500-seat Investors Group Field, which opened last year. Seating will be expanded to 41,000 for the championship game.

"It's really the new look and feel that we have that's coming across the league," Cohon said at a luncheon in Winnipeg. THE CANADIAN PRESS

NFL

Bears sign Allen to replace Peppers

The Chicago Bears replaced one accomplished veteran pass rusher with another Wednesday when they agreed to terms with Jared Allen on a four-year contract.

A person with knowledge of the agreement told The Associated Press that Allen will get $15.5 million guaranteed on a deal that could be worth as much as $32 million. The person requested anonymity because the terms have not been announced.

Allen, 31, will take over for Julius Peppers, who signed with Green Bay as a free agent after being released by the Bears. THE ASSOCIATED PRESS

Tennis

Djoker pulls fast one on Murray

Novak Djokovic benefited from an erroneous call and claimed he didn't realize he had broken the rules. When Andy Murray walked to the net and challenged him about it, Djokovic responded with a shrug and a sheepish smile.

Murray lost the dispute, and the match. The pivotal ruling helped Djokovic win 7-5, 6-3 in the quarter-finals of the Sony Open. THE ASSOCIATED PRESS

Horoscopes

Aries
March 21 - April 20
Hopefully you will see solutions today where before you saw only problems. That applies to all areas of your life but especially to money matters and business issues that involve other people. Together you can make a profit and have fun.

Taurus
April 21 - May 21
Do you get involved in a feud between friends? You know the answer already, so don't be silly and stand between them to try to keep the peace. If you do, they will gang up on you.

Gemini
May 22 - June 21
If you can get someone else to do some of your chores for you today then go for it. You have more important matters to take care of and you may not have energy to spare.

Cancer
June 22 - July 23
Others can sense your self-confidence and because of that they want to do things for you. Who are you to refuse any offers? It will give you more time to work on a creative project.

Leo
July 24 - Aug. 23
If you need help over the next 24 hours come out and ask for it. If you wait for others to realize that you require assistance chances are you will never get it. They can't read your mind.

Virgo
Aug. 24 - Sept. 23
You will find it easy to express yourself today and, more importantly, others will find it easy to understand you. If you are involved in a creative pursuit this is also a good time to impress important people.

Libra
Sept. 24 - Oct. 23
You'll hear something to your benefit today but your suspicious nature could hold you back from taking advantage. Unless there's evidence someone is trying to trick you, take a chance.

Scorpio
Oct. 24 - Nov. 22
You'll find it easy to work out what is going on in someone's mind today, which in turn will help you decide what you should do next. You see the kind of body language that other people miss.

Sagittarius
Nov. 23 - Dec. 21
It's not like you to withdraw into your shell but you may do so over the next 24 hours. That's OK. You have important issues to decide on and you won't think straight if there is too much noise around you.

Capricorn
Dec. 22 - Jan. 20
No matter how busy you may be work wise, make an effort to free up some time to spend with your loved ones. They are the people who really matter.

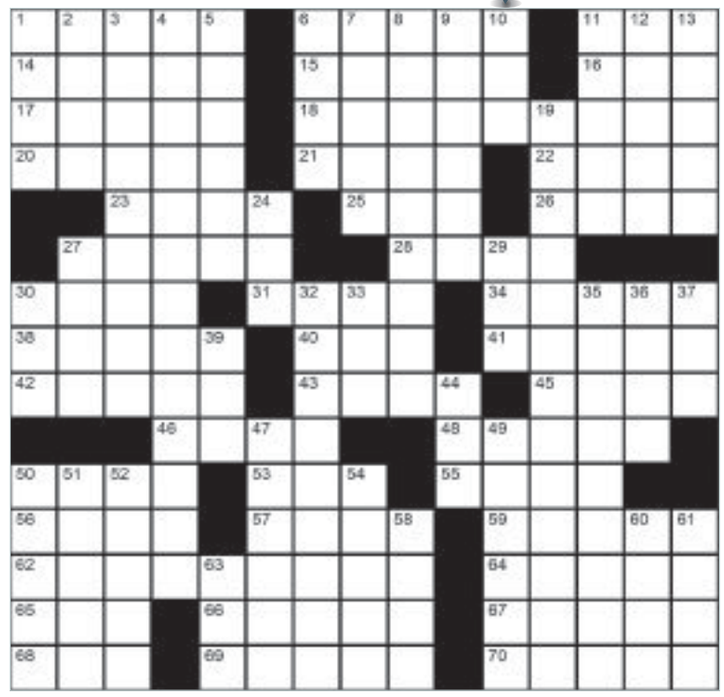
Aquarius
Jan. 21 - Feb. 19
A remark you toss out into the conversation may not be meant in a negative way but that's how one person may take it. If they do seem offended let them know that you meant no harm.

Pisces
Feb. 20 - March 20
Something will happen today that makes you wonder if there is more going on behind the scenes. Make it your business to find out why certain people are acting so strangely – and use what you discover for your own advantage. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

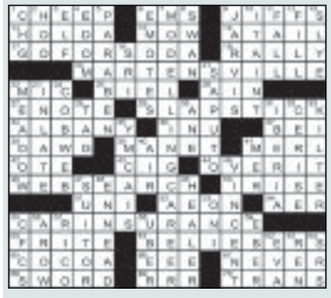
BY KELLY ANN BUCHANAN



Across
1. Crockett's "Miami Vice" partner
6. Mythological blood
11. Do
14. __ __ ease (Jittery)
15. Canadian specialty channel
16. __ constrictor
17. Q. "John, George and Ringo ...who's missing?" A. "__, _ think!"
18. Lawyer's briefcase items, briefly: 2 wds.
20. Fishhook line
21. Oohs' pals
22. Funny person
23. __ buckle
25. Traveller's li'l way
26. Other
27. Archie's jalopy, Ol' __
28. Furniture store
30. Jeanne _'__
31. Actress Tara
34. Google service
38. "The Jetsons" character
40. Boot bit
41. Hog
42. Self-congratulatory exclamation!: 2 wds.
43. English river
45. Medieval chest
46. "No __!" (Casual response to "Thanks.")
48. Flashlight precursor
50. Dad
53. Nothing
55. Certain currency
56. Cook's need
57. Bunch
59. "Leggo!"
62. Newfoundland community on the Burin Peninsula
64. James __, White House architect
65. Photo
66. ABBA's "__ _ Chance on Me"
67. Country's Mr. Adkins
68. Tricky
69. Publicity
70. Flower sort

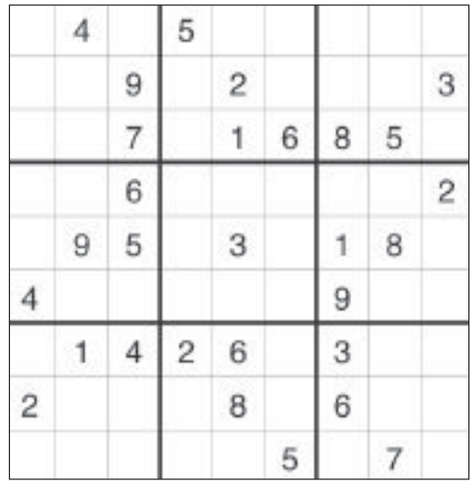
Down
1. Points
2. Mongolia city, __ Bator
3. Oxford, NS: The '__ Capital of Canada'
4. The 'Royal Winnipeg', for one, in dance: 2 wds.
5. Neil Young bandmate, Stephen __
6. Island: Spanish
7. Exonerate
8. The Bay of Fundy is world famous for them: 2 wds.
9. Ric of The Cars
10. Fam. member
11. Heated up, as in cooking
12. Ms. Chanel's
13. Preference
19. 'And Now the Legacy Begins' Hip-Hop greats from Toronto: 2 wds.
24. Norse god of strife
27. Community in The Muskokas in Ontario that has an annual cranberry festival
29. For instances, for short
30. Actress Susan
32. Where Mayor of Toronto Rob Ford was born
33. Promissory note
35. That which Canadian ace Billy Bishop had to engage in during WWI: 2 wds.
36. Length measure
37. Grassland
39. "__ Blues" by The Beatles
44. Printemps follower
47. GM car safety system
49. Alanis Morissette's: "You __ Know"
50. Showy showings
51. Be of service
52. A brother of Ron Weasley's in 'Harry Potter' books
54. 17th-century English composer, Henry __
58. Scientific 'strands'
60. Immobilizing spray
61. Power [abbr.]
63. "Plush" rock gr.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

4	1	6	2	3	8	5	7	9
5	9	3	6	7	1	4	2	8
7	2	8	9	5	4	1	6	3
3	7	5	4	8	6	9	1	2
8	6	1	5	2	9	3	4	7
9	4	2	7	1	3	8	5	6
1	3	7	8	6	5	2	9	4
6	8	4	1	9	2	7	3	5
2	5	9	3	4	7	6	8	1

Today
-6°/-15°
Partly sunny

Friday
-5°/-9°
Flurries
40%

Your #1 weather forecast now available in HD.
HD
TWN incorporates MSC data

Saskatchewan SENIOR FITNESS Association
YOU CAN DO IT!

COME OUT AND PLAY

This April and May, Regina Sport District will be offering up to 25 different games activities like cribbage, bridge, bocce ball, golf, predicted time walk and 5 pin bowling for people 55 years and over.
Membership cost is $7 for the year, ending March 31, 2015. You can enter as many different activities as you wish.

LOTTERIES
YOU CAN DO IT!

REGISTER AT THE FOLLOWING LOCATIONS IN APRIL:

April 3 - 12:30-3:30 p.m.
Regina Senior Citizens Centre
2134 Winnipeg Street

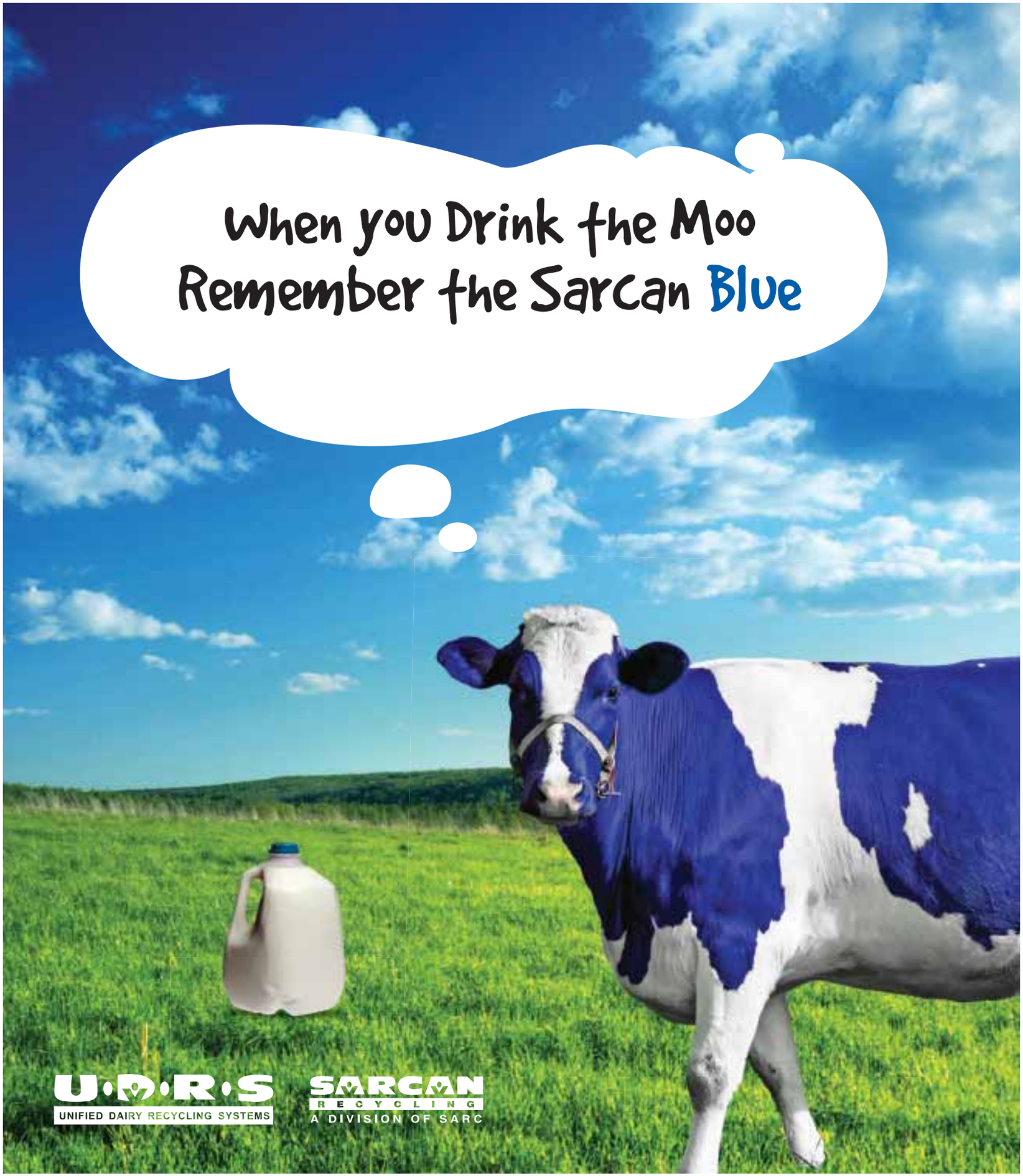
April 9 - 12:30-3:30 p.m.
Regina Senior Citizens Centre
2134 Winnipeg Street

April 14 - 1-4 p.m.
NW Leisure Centre
1127 N Arnason Street

April 17 - 1-4 p.m.
Regina Senior Citizens Centre
2404 Elphinstone Street

April 24 - 9:30 a.m.-3 p.m.
Golden Mile Centre
3806 Albert Street

FOR MORE INFORMATION, CHECK OUR WEBSITE WWW.SSFA.CA FOR REGINA SPORT DISTRICT, CALL OR EMAIL 306-545-2148 • ABARSS@SASKTEL.NET


When you Drink the Moo
Remember the Sarcan Blue
U·M·R·S
UNIFIED DAIRY RECYCLING SYSTEMS
SARCAN
RECYCLING
A DIVISION OF SARC